

On March 4th, Elect a Proven Fighter

Bob Chiarelli

Ottawa West-Nepean

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OTTAWA • THURSDAY, FEBRUARY 25, 2010

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SIU clears cop

PROBE The province's Special Investigations Unit has cleared an Ottawa police officer of any criminal responsibility after the officer responded to a disturbance prior to the death of two city residents last month.

Ian Scott, director of the SIU, has concluded there are no reasonable grounds to believe the officer committed a criminal offence in this case.

The SIU assigned two investigators and two forensic investigators to probe the circumstances of the deaths of 24-year-old Ashley Boudreau and 33-year-old Andrew Ferguson.

TRACEY TONG/METRO OTTAWA

News on the Move

What's this barcode for?



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Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.

• Today — Canadian women shoot for hockey gold against U.S. tonight, page 15



On the web

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What a haul



Heather Moyse, left, and Kaitlin Humphries, second from right, of Canada 1 celebrate gold and Helen Upperton, second from left, and Shelly-Ann Brown, far right, of Canada 2 celebrate silver after the women's bobsleigh on Day 13 of the 2010 Vancouver Winter Olympics at the Whistler Sliding Centre yesterday. More coverage, page 14

4 medals and a quarter-final win on Day 13

All the hand-wringing and worry became a distant memory yesterday as a polished Team Canada devastated Russia's defence and neutralized its top scorers, summarily dispatching the hockey superpower 7-3 from the Olympic men's hockey tournament.

But that was only the beginning. Within minutes of

the end of the game, Canada's female bobsledders were dominating on a different kind of ice, racing to a gold-silver finish in the women's two-man event at the Whistler Sliding Centre.

Kaitlin Humphries of Calgary and Heather Moyse of Summerside, P.E.I., claimed gold, edging teammates Helen Upperton of Calgary and Shelley-Ann Brown of Pick-

ering, Ont., giving Canada its first-ever medals in women's bobsled.

Combined with a bronze for speedskater Clara Hughes in the women's 5,000 metres and a surprise silver in the women's 3,000-metre short-track relay, it made

for a four-medal day — the best for Canada so far at the Vancouver Olympics.

The hockey win had a particularly vengeful flavour for Team Canada, which was eliminated by Russia 2-0 in the quarter-finals four years ago in Turin. It was also the first Canadian win over Russia in an Olympic matchup since 1960.

THE CANADIAN PRESS

Peer review coming for OC Transpo

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

CITY HALL The American Public Transit Association will be brought in to do a top-to-bottom review of Ottawa's public transit services.

Yesterday, city council voted to engage the APTA to undertake a formal peer review of OC Transpo's bus programs, customer service, staffing, training, recruiting — almost every aspect of the business.

West Carleton-March Coun. Eli El-Chantiry proposed the review in the wake of several high-profile missteps at OC Transpo, including maintenance-related service disruptions at the start of the year, Smart Bus procurement, and the escalating cost of the new articulated bus garage.

El-Chantiry said the review was not a reflection on management at OC Transpo, but since the last comprehensive review of OC Transpo was done in 1998, it was time to take another look.

Council also voted to have the yet-to-be-appointed chief procurement officer convene a panel to review recent purchases by OC Transpo, including the articulated bus garage.

Innes Ward Coun. Rainer Bloess said it was wrong to label the garage a blunder. Councillors approved the spending increase each time the costs rose, he said.

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Worker critically hurt in oil tank explosion

INVESTIGATION A 34-year-old worker is in critical condition with serious head injuries after an oil tank exploded inside a car repair facility yesterday afternoon.

At around 12:50 p.m., the man was welding at his workplace on Merivale Road when a nearby oil tank exploded. The worker suffered serious head injuries, a fractured jaw and minor burns to his face. He was conscious at the arrival of paramedics, but began losing consciousness a few minutes later. The Ministry of Labour is investigating.

TRACEY TONG/METRO OTTAWA

News in brief

ROBBERY Ottawa police are seeking a suspect after a Shoppers Drug Mart on Rideau Street was robbed Saturday. A man demanded Oxycodone and left on foot. There were no weapons seen and no injuries. Police are seeking a white male.

METRO OTTAWA

Lotteries
Lotto 6/49: 4, 13, 18, 21, 22 & 42. Bonus 3.
Ontario 49: 5, 29, 41, 45, 47 & 49. Bonus 8.
Ontario Pick 3: 1 & 0; Ontario Pick 4: 6135
Encore: 6215411
Daily Keno: 6, 7, 11, 12, 17, 22, 28, 30, 32, 38, 41, 45, 47, 50, 51, 53, 57, 60, 64, 65.
These results are not official.

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Lansdowne designers get tour

Expectations high for 'vision' to reflect city's culture, dynamism

TIM WIECLAWSKI
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There are high expectations for the five firms competing to design the new front lawn of Lansdowne Park.

Representatives from the teams had a whirlwind tour of Ottawa yesterday to get a sense of how the eastern section of the park is to reflect the city and the country.

City planner John Smit told them that Lansdowne had to be a landmark site that distinguishes the city and celebrates the art and culture of the city, while still reflecting Ottawa's role as the national capital.

"This is what we see as the vision for the Lansdowne Park Project," said Smit. "It presents an opportunity for Ottawa as a city to have its own dynamic and unique urban plan."

The National Capital Commission owns most large green spaces and parkways in the city, including the Queen Elizabeth Drive.

NCC planner Lori Thornton told the design teams that only two access points to the park were permitted from the driveway. The NCC would not allow any turning lanes or lay-bys. They also hoped to see another pedestrian bridge

over the Rideau Canal.

Parks Canada wanted to see the "front lawn" reflect the world heritage status of the site. Exterior relations director Pam Buell said a park-like setting is highly valued.

Community organizations will be presenting their requests to the design firms today in the Champs-Plain Room at city hall.

The firms will present their proposals to the public in May.

Council holds the line on urban expansion

TRACEY TONG
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BOUNDARY Rather than cave to pressure from developers, city council voted to defend their decision last June to limit urban boundary expansion to 222 hectares yesterday.

After rejecting an expansion of the urban boundary to 842 hectares last summer, council voted for a smaller expansion over five years, and yesterday, voted 17-3 to defend the decision, despite appeals to the Ontario Municipal Board.

Outside city hall, about 60 concerned residents and members of local groups had rallied to ask council to hold the urban boundary line.

"We're here to make sure Ottawa plans better for the future," said rally organizer Will Murray with Our Ottawa.

"We have a system in place right now that subsidizes urban sprawl. We



Rally organizer Will Murray speaks at an event to hold the urban boundary line outside city hall yesterday. City council later voted to defend their 2009 decision to limit urban boundary expansion to 222 hectares.

have to sort out how we can do better at that. For the next 20 years, there is already enough space within the urban boundary for single family homes."

"We need to build an effective and efficient city," said Our Ottawa member Bob Brocklebank. "There's

no way we can build an efficient city by creating scattered communities."

Providing services "way out in the middle of nowhere" costs a lot of money, he said.

"Also, consider young families who are thinking about moving into one of

these areas," Brocklebank said.

"There's a big cost for them too. Not just in their property tax, but that young family knows they'll never have transit in their community."

"This is not an efficient way to run a city."



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What's online today.



Video Canadian Chef de mission Nathalie Lambert reflects on Joannie Rochette's emotional skate at metronews.ca/canada



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Civic Events Funding Program

Local not-for-profit organizations such as volunteer-based community or recreation associations are invited to apply for funding to provide one to two-day civic events with free admission that foster civic pride and develop community cohesion. These events are linked to and celebrate a civic/statutory holiday (i.e., Victoria Day, Canada Day), are held in a specific geographic district in Ottawa, and encompass a broad range of activities (family entertainment).

Maximum Allocation: \$2,000

Application Deadline: March 24, 2010

Application forms are available at City of Ottawa Client Service Centres or online at ottawa.ca/communityfunding. For more information, contact Brenda Denault at 613-580-2424, ext. 26459 or via e-mail at brenda.denault@ottawa.ca

ottawa.ca

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Yesterday's all-day snowfall, which briefly turned to rain, didn't stop Peter MacDonald from going on his daily walk along the Rideau Canal. Environment Canada is forecasting more snow today.

Winter's weird weather

TRACEY TONG
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After a drier than average month, a few snow days this week will likely bring Ottawa's precipitation level back to normal.

Ottawa had received eight centimetres of snow — and counting — by 2 p.m. yesterday, bringing the monthly total to 25 centimetres in February, said Peter Kimbell, warning preparedness meteor-

ologist with Environment Canada. The normal for February is 46 centimetres.

The snow will continue today, said Kimbell.

"We're quickly catching up and making up for the dry month," he said.

Ottawa is currently in the middle of "a very interesting storm system," said Kimbell.

A low-pressure system over the Atlantic is moving north, bringing with it mild Atlantic air, he said. The warmer air is moving

northwest into eastern Ontario and southern Quebec, bringing rain and causing temperatures to creep upwards.

The next few days will be mild in Ottawa, with the temperature rising to five degrees tomorrow. Temperatures will also be above average early next week.

"We'll see mild conditions for a few days yet," Kimbell said. "When it will return to normal is difficult to say."

67's, cops team up for fallen officer

FUNDRAISER The Ottawa Police Service and the Ottawa Police Association have teamed up with the Ottawa 67's to recognize and honour Const. Ireneusz (Eric) Czapnik's service to the community.

Tomorrow is the last day to buy tickets for the March 3 breakfast served by Ottawa 67's players and coaches in the Assembly Hall of the Urbandale Centre at Lansdowne Park.

Tickets are \$30, include breakfast as well as a ticket for the Friday, March 5 home game against the Barrie Colts at 7:05 p.m. and can be purchased by calling the Ottawa Police Association at 613-232-9434 or Dan Nielson at 613-232-6767, ext. 257.

Proceeds will be forwarded to the trust fund for Czapnik's children.

TRACEY TONG/METRO OTTAWA

News in brief

CAREER FAIR To be held March 3 at Carleton University, the first New Grad and Alumni Career Fair at the University Centre will connect industry leaders to both new grads and alumni.

METRO OTTAWA



PROVINCIAL BY-ELECTION IN THE ELECTORAL DISTRICT OF OTTAWA WEST-NEPEAN, MARCH 4, 2010

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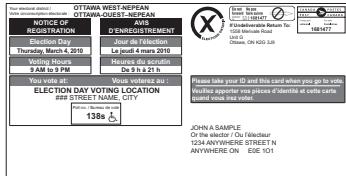
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Tweet, tweet — Twitter will bring you budget updates

The Finance Department is turning to Twitter to deliver its message in bite-sized chunks of 140 characters or less. The department plans to begin tweeting when Finance Minister Jim Flaherty rises in the House of Commons to deliver his latest budget on March 4. **THE CANADIAN PRESS**

Canada



Sneaky snakes snagged

The saga of two missing snakes has had a happy ending at Calgary Zoo. The two large Malagasy Giant Hognose snakes were found just below the drain where they made their escape a day earlier, slithering into an opening left uncovered by a keeper who was draining a pool. **THE CANADIAN PRESS**

Man held in plane scare

SECURITY Police detained a passenger on a Toronto-bound flight after a reported security breach at Montreal's airport yesterday.

Montreal police said the man in his 40s was taken into custody and was being questioned by detectives.

He was pulled off a WestJet flight before its departure to Toronto from Montreal.

One fellow passenger told LCN TV network everyone was removed from the plane, and dogs were called in to sniff their carry-on luggage.

He said officials hinted at a security-related incident — but said little else. "They just told me there was a security breach."

THE CANADIAN PRESS



CLEMENT ALLARD/CANADIAN PRESS FILE PHOTO

Tory MP Maxime Bernier says the climate debate has been stifled by political correctness.

Bernier turns up the heat

"We can now see that it's possible to be a 'skeptic.'

Maxime Bernier

CLIMATE Stephen Harper's sincerity in tackling climate change was challenged yesterday after his former foreign affairs minister assailed what he described as alarmism over global warming.

The Prime Minister's Office insisted Maxime Bernier was speaking strictly for himself.

But opposition parties

pounced on the Quebec Conservative MP's comments, saying the Harper government is finally showing its true colours as a climate change skeptic.

THE CANADIAN PRESS

In a letter to Montreal's *La Presse* newspaper, Bernier argued there is no scientific consensus for climate change.

The debate, he said, has been stifled for years by political correctness.

"We can now see that it's possible to be a 'skeptic,' or in any case to keep an open mind."

THE CANADIAN PRESS

Ignore abuse at your peril, top brass told

Military leaders risk charges: Memo

Senior Canadian military brass were told it was a crime to ignore allegations of prisoner abuse according to a top-secret document.

They were also told it was their duty to investigate the allegations.

The May 22, 2007, five-page memo from the Judge Advocate General for the Canadian Forces, Brig.-Gen. Ken Watkin, followed a series of allegations of serious prisoner abuse.

"There is smoking gun here to show that there was legal opinion about the obligations of Canada in the field and it clearly states if we are transferring detainees (into harm's way) we could potentially

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be violation of international laws," said NDP MP Paul Dewar (Ottawa Centre).

In the memo — sent to then-chief of defence staff Gen. Rick Hillier and Lt.-Gen. Michel Gauthier, now both retired — Watkin said top officials ignore abuse warnings at their peril.

They may be subject to criminal liability for failing to address the matter, he wrote. **TORSTAR NEWS SERVICE**

Yes, you can be as Canadian as maple syrup

EH? Do you know what to do if a Canada goose attacks? No? Then you may not be a real Canadian.

But fear not.

Canada Place, a water-front convention centre that is home to the main press centre for the duration of the Olympics, has produced a Guide To Becoming An Authentic

Canadian for visitors to the Vancouver Games.

The first step is to know your Canadian icons. The beaver, maple leaf, Canada goose and moose make the list, along with Mounties, loonies and toonies, bears and the toque.

Step Two is to eat and drink like a Canadian — which, says the guide, in-

volves maple syrup, beer ("We like. We like it a lot.") and lobster.

Throw in some poutine, Canadian bacon, salmon and a donut.

The third step is to talk the talk — with good manners?

"Canadians are polite and apologetic," says the booklet. "Don't be sur-

prised if someone apologizes to you even if you were the one at fault."

The booklet advises foreign visitors that the proper letter of the alphabet is zed, not zee, and provides the words to the national anthem, *O Canada*, in both English and French.

THE CANADIAN PRESS



If a Canada goose attacks, a true Canadian can handle it — or so the experts say.

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A Rhode Island school district has voted to fire all the teachers at an underperforming school. The Providence Journal reports that the Central Falls School Committee voted Tuesday evening to fire every educator at Central Falls High School at the end of the school year. Only about half its students graduate. **THE ASSOCIATED PRESS**

World



Dog fetches award for war service

A perky British Labrador whose bomb-sniffing exploits helped save lives in Afghanistan was decorated for canine courage in a ceremony at London's Imperial War Museum yesterday. Eight-year-old Treo, left, joins a menagerie of heroic animals honoured over the years with a special award known as the Dickin medal, including 32 pigeons, three horses and a cat.

THE ASSOCIATED PRESS

Whale that killed trainer involved in B.C. death

FLORIDA A killer whale attacked and killed a trainer in front of a horrified audience at an Orlando SeaWorld show yesterday, and a SeaWorld official is confirming that the whale pulled the woman into the water. Chuck Tompkins, head of animal training at all SeaWorld parks, said trainer Dawn Brancheau was rubbing the whale named Tilikum after a show yesterday when the whale grabbed her and pulled her in. SeaWorld spokesman Fred Jacobs confirmed the whale was Tilikum, one of three orcas blamed for killing a trainer who lost her balance and fell in the pool with them in 1991 at Sealand of the Pacific in Victoria, B.C.

THE ASSOCIATED PRESS

Teacher hailed as hero

Tackled gunman as he opened fire in parking lot

A gunman walked through a middle school parking lot taking shots at students with a hunting rifle, wounding two students, as terrified teenagers ran for their lives, before a teacher tackled him.

Littleton, Colo., police said they aren't immediately sure about what motivated 32-year-old Bruce Strong Eagle Eastwood to allegedly target Deer Creek Middle School just after classes had ended Tuesday. Eastwood has an arrest record in Colorado dating back to 1996 for menacing, assault, domestic violence and driving under the influence, and he is believed to have a history of mental issues. The sheriff's office says Eastwood is a former stu-

Littleton

- The shooting occurred in Littleton, Colo., the same city where the Columbine High School massacre happened nearly 11 years ago.

dent of the school. The gunman seemed ready to unleash more violence when a math teacher named David Benke sprung into action.

Benke confronted the gunman, tackled him and pinned him to the ground with the help of another teacher.

"Unfortunately he got another round off before I could grab him," Benke said. "He figured out that he wasn't going to be able to get another round cham-

bered before I got to him so he dropped the gun and then we were kind of struggling around trying to get him subdued."

The two students survived Tuesday's shooting and one remained hospitalized. Meanwhile, Benke has become a national hero. A Facebook page called "Dr. David Benke Is A Hero!!!" quickly grew to more than 14,000 members by yesterday morning.

THE ASSOCIATED PRESS

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Greece Protest turns violent



Police clash with protesters in Athens yesterday after violence broke out after a large protest against government austerity measures intended to fix the country's debt crisis.

News in brief

MIDDLE EAST The son of one of Hamas' founders served as a top informant for Israel for more than a decade, providing top-secret sources, Israel's Haaretz daily said.

THE ASSOCIATED PRESS



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An Israeli man who served jail time for leaking state secrets has asked the Nobel Peace Prize committee to disregard his nomination for the prestigious award. Mordechai Vanunu said he doesn't want an award previously given to Israeli President Shimon Peres. **THE ASSOCIATED PRESS**

A Danish miracle mom

When Stinne Holm Bergholdt of Denmark was diagnosed with bone cancer at age 27, she was afraid she wouldn't be able to have children.

So she asked her doctors if they could remove an ovary before her treatment and transplant it back afterward.

More than six years later, Bergholdt and her husband now have two daughters, making her the first woman in the world to give birth twice after an ovary transplant.

Details of her case were being published online today in the journal, *Human Reproduction*.

"It's hard to believe it's really true," said Bergholdt, of Odense, Denmark. "It's like a dream that I never would have thought possible a few years ago."

On the day before she started chemotherapy, doctors took 13 strips of ovarian tissue from Bergholdt's right ovary and froze them. After eight months of cancer treatment and another year of recovery, doctors reimplanted seven of the

strips, or about 20 per cent of an entire ovary.

Bergholdt's ovary began working again after a few months, and she then had in-vitro fertilization to become pregnant. Nearly a year later, she gave birth to daughter Aviaya, now three. Bergholdt's treatment was paid for by the Danish health system.

When Bergholdt and her husband decided they wanted a second child, they went back to the fertility clinic, but it turned out that she was already pregnant. About a year ago, she gave birth to another daughter, Lucca.

"We were really surprised that she had done it herself," said Dr. Claus Yding Andersen, one of Bergholdt's doctors at University Hospital of Copenhagen. "We did not expect the ovary transplant to still be working after four years."

The transplant is working so well that Bergholdt is currently on birth control.

Eight children have been born worldwide to women



Stinne Holm Bergholdt holds her two children, Aviaya, left, and Lucca, in Odense, Denmark.

who have had ovary transplants but no other such woman has had more than one pregnancy.

The technique has been mostly used for cancer patients but could become more widespread as the technology is refined, Andersen said.

"It shows we can stop the clock by freezing the ovaries," he said.

Women who want to delay having children might also be interested in the procedure although that could raise some ethical issues, he added.

THE ASSOCIATED PRESS

Not enough being done to limit date-rape drugs: report

DRUGS Governments must step up their efforts to limit access to date-rape drugs, a watchdog said yesterday.

Referring to sedatives that are added to a person's drink to reduce his or her ability to resist sexual assault, the International Narcotics Control Board said in its annual report that governments should quickly adopt measures to

limit illegal access to such substances, and increase public awareness of the risks of leaving food and drinks unattended at public events such as parties.

The report also called for more consistency in the compiling and sharing of date-rape-drug statistics, and for improved analysis of urine samples in suspected cases of abuse.

THE ASSOCIATED PRESS

Jail for woman who cried rape

SENTENCING A woman who fabricated a gang-rape accusation has been sentenced to up to three years behind bars herself, saying she was riven with remorse for sending an innocent man to prison.

Biurny Peguero, 27, pleaded guilty in December to perjury, admitting she made up the Septem-

ber 2005 incident that led to construction worker William McCaffrey being jailed for nearly four years. A judge overturned his rape conviction in December, with new DNA evidence also playing a role.

Peguero had said McCaffrey and two others lured her into a car and raped her.

THE ASSOCIATED PRESS

News in brief

APOLOGY Britain's prime minister apologized yesterday to the thousands of children sent last century to live in colonies.

HAITI Six Haitian orphans yesterday travelled to homes in the U.S. after authorities approved the trip. **THE ASSOCIATED PRESS**

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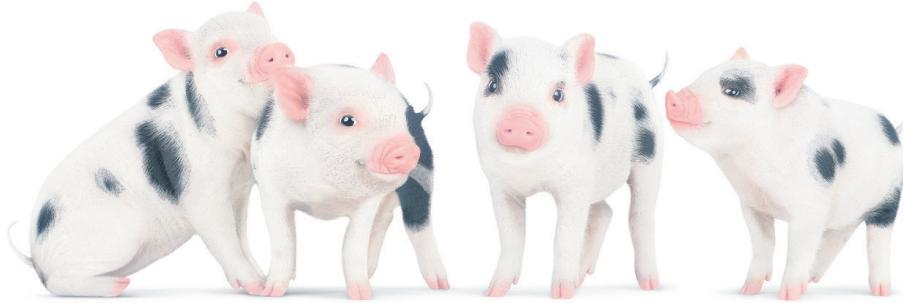
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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Relating

Sofi Papamarko



metronews.ca/papamarko

nately flattering and suggestive comments and generally made me feel uncomfortable.

Before slinking away, he gave me his phone number. (It has since been circular filed.)

Without a doubt, this was the work of a pick-up artist.

Pick-up artists are a subculture of men who liken dating to a sporting event. The objective? Score as many touchdowns as humanly possible.

While I take issue with many of these real-life

Leisure Suit Larrys, I do have to give them a little credit. There is one thing these men are doing right.

They are talking to women.

But how can decent, relationship-seeking dudes meet women without being lumped in with methodical sleazebags?

Here are some pointers from me and my babe friends:

- Talk to women in bars, cafes, restaurants, book stores and at social events. Try not to corner us on the

street, on public transit (where there is no easy means of escape) or when we're clearly busy

- Say Hi. If we respond curiously and our body language makes it obvious that we would prefer to be alone, leave

- Referring to women as "fine females" won't earn you any brownie points, lady-killer

- Neither will hitting on the friend of a woman who just rejected your advances

- Ask open and thoughtful questions. "How are you

doing this evening?" will absolutely fail. "Nice button, I like that band, too. Have you ever seen them live?" is a conversation starter

- Sexual innuendo within the first few minutes of meeting = ick

- Manners are sexy (eyes up here, gents!)

- Don't ask for our number right off the bat — this is something you earn

- We like sincere compliments

- We like it when you listen

- Do not touch us (unless we touch you first)

- Flirting with a stranger you find attractive and intriguing is cool. Pouncing, serial-style, on a multitude of ladies? Not so super cool.

There you have it, fellas. Free advice! And all the money you've just saved on how-to books and classes can be spent on buying dinner for a smart and pretty girl.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Many women have been left behind

SpeakingOut

Wendy Cukier



We've come a long way — maybe.

Reports released in the last week suggest women's economic progress in Canada has stalled. The high-profile successes of some prominent, predominantly white, professional

women may have obscured the broader trends. While some of us have moved forward, many have been left behind.

A report to the UN on the Status of Canadian Women in Canada documents "systemic erosion" of women's position in recent years. In 2006, Canada was 14th among 115 countries in the World Forum's gender gap index, but by 2009 we had slipped to 25th. Citing Stats Canada, the report notes that the wage gap between men and women steadily de-

clined for three decades and then stagnated in 2000. Women employed full time earned 75 per cent of what men earned in 1980, rising to 79 per cent in 1990 and 85 per cent in 2000 and stuck there in spite of a steady increase in the proportion of women graduating from university.

While these trends are troubling, the gaps for visible minority, aboriginal and disabled women are simply appalling. In addition, more than one-third of Canadian single moth-

ers live below the poverty line at the same time that the advancement of women is being touted as a centrepiece in our international development strategies.

Even though the wage gap has diminished it has not disappeared and if the patterns outlined in these reports persist, the progress we have made may be in jeopardy.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

FEEDING FRENZY



MICHAEL DEADERICK

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Sports

EDITOR: DON.MCHOUILL@METRONEWS.CA

'This is where I want to be': Jeter

Derek Jeter reiterated what every Yankees fan wanted to hear: He hopes to play in pinstripes forever.

He just doesn't want to spend time talking about his future in New York.

"I've said from Day One, this is the only organization I've ever wanted to play for, and that's still true today," Jeter said yesterday before the team's first full-squad gathering at George M. Steinbrenner Field.

"I was a Yankees fan growing up. This is where I want to be. I've never envisioned myself playing anywhere else, and hopefully I don't have to," he said.

The 35-year-old Jeter is entering the final season of a \$189 million US, 10-year deal. The All-Star



First reality TV, now this? Ozzie Guillen's boss is none too happy about new Twitter feed. Scan this code for the story.

shortstop said he doesn't have a set number of years in mind that he'd like to continue playing and steered around a question about whether he has a desire to be the Yankees' highest-paid player.

He said this will be the final time he speaks about his contract status.

Jeter hit .334 with 18 homers and 66 RBIs in 2009, leading New York to its first World Series championship in nine years. The



Yankees shortstop Derek Jeter smiles as he addresses a tent full of media before the full squad worked out during spring training at Steinbrenner Field in Tampa, Fla., yesterday.

Yankees have won five titles during his career.

"To be honest with you, I never put limitations on

how long I can play. ... I want to play as long as I can, as long as I'm having fun, as long as I can be pro-

ductive," Jeter said. "This organization prides itself on winning and putting a competitive team on the field. As long as I can help out, that's as long as I want to play."

Closer Mariano Rivera also is headed into the last season of his contract. The Yankees have a team policy of not negotiating new contracts until a player's previous deal expires, but it sounds as though the club wants to do everything it can to hang on to both players.

"Let's put it this way, I think from the fans' perspective they can count on those guys being here a lot longer than I'm going to be here. I think they're very secure," general manager Brian Cashman said.

THE ASSOCIATED PRESS

Sports in brief

MLB Major League Baseball is hoping to test minor leaguers for human growth hormone this year. A blood test for HGH has been in existence since the 2004 Athens Olympics, but baseball officials have said until now that its validity was not universally accepted by the scientific community.

Soccer Esteban Cambiasso scored the winning goal yesterday to give Inter Milan a 2-1 victory over Chelsea in the round-of-16 match in the Champions League.

THE ASSOCIATED PRESS

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NBA	YESTERDAY'S RESULTS
Portland 101	Toronto 87
Atlanta 98	Minnesota 92
Chicago 120	Indiana 110
Memphis 99	Washington 94
Milwaukee 115	New Orleans 95
Orlando at Houston	
Oklahoma City at San Antonio	
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Vancouver Games

EDITOR: DON.MCHOUILL@METRONEWS.CA

Hughes ends career with bronze medal

LONG-TRACK Clara Hughes capped her remarkable career with an Olympic bronze medal.

The 37-year-old long-track speed-skater from Glen Sutton, Que., was third in the women's 5,000 metres at the Vancouver Olympics yesterday, an event she won four years ago in Turin.

She finished in six minutes 55.73 seconds. The time stood as a track record before it was broken twice, first by silver medallist Stephanie Beckert of Germany and then by gold medallist Martina Sablikova of the Czech Republic.



Sablikova won in 6:50.91, followed by Beckert in 6:51.39.

The medal is the sixth of Hughes's career, putting her in a tie with Winnipeg's Cindy Klassen as Canada's most decorated Olympian.

Hughes, who carried the Canadian flag into B.C. Place at the opening ceremonies, said she came into the Games thinking physical and mental excellence rather than medals or owning the podium.

"I did that in the last race of my life on ice and it was so enjoyable," Hughes told CTV.

THE CANADIAN PRESS

Canadian women win gold, silver in bobsled

HISTORY Canadians have finished 1-2 in the Olympic women's bobsled.

Canada has never won an Olympic medal in women's bobsled. Now it has two.

Kaitlin Humphries of Calgary and Heather Moyse of Summerside, P.E.I., drove Canada 1 to the gold in the final run, edging teammates Helen Upperton of

Calgary and Shelley-Ann Brown of Pickering in the Canada 2 sled.

Humphries' winning time was three minutes 32.28 seconds over the four runs. Upperton's time was 3:33.13.

The USA 2 sled, with Erin Pac and Elana Mayes aboard, won bronze in 3:33.40.

THE CANADIAN PRESS

Vancouver Games in brief

SPEEDSKATING The Canadian women's short-track team went to silver from bronze in a matter of seconds at the Winter Olympics. Canada finished third in the women's 3,000-metre relay, but was quickly upgraded to silver when the winning South Koreans were

disqualified for a rules violation. Tania Vicent of Laval, Que., Kalyna Roberge of St-Etienne-de-Lauzon, Que., Jessica Gregg of Edmonton and Marianne St-Gelais of St-Felicien, Que., finished in a time of four minutes 9.137 seconds.

THE CANADIAN PRESS



Canada's Ryan Getzlaf celebrates with Dan Boyle after scoring a goal against Russia last night at Canada Hockey Place in Vancouver. Canada beat Russia 7-3 to advance to the semifinals.

Russians rocked

Canadians drive Nabokov from net in win

Team Canada sent Russia packing from the Olympic men's hockey tournament yesterday with a stunning 7-3 victory that showed the home team is back in high gear and firing on all cylinders.

Next up comes the winner of a Sweden-Slovakia quarter-final, which was played late last night. The semifinal goes Friday.

This was the kind of Canadian hockey that fans had been yearning for since executive director Steve Yzerman named his team in December — a physical, relentless attack combined with speed and skill.

After a slow start to the tournament, Yzerman

calmly reassured the nation it was coming. His team delivered on the promise by dispatching Germany and Russia on back-to-back days for a combined score of 15-5.

The win over Russia was especially satisfying for another jam-packed house at Canada Hockey Place. There were quite a few Russian flags among the throng of red-and-white Canadian jerseys, but many of them were packed up and put away by the time the third period started.

At that point, Canada had already chased Russian goaltender Evgeni Nabokov and built a 7-3 lead in one of the most lopsided games

the teams have played in recent memory.

Canada was rampant from the get-go. There was a more physical element to the team's game — Alex Ovechkin received a particularly rough ride early — and Ryan Getzlaf opened the scoring at 2:21, nearly getting knocked over by an exuberant Dan Boyle who did all the work on the play.

"We were not surprised about how they were going to start," Ovechkin said of the Canadians.

"I think we were not ready for the first five minutes of the game."

"When we woke up it was too late. It was 3-0."

THE CANADIAN PRESS

What to watch today			
TV Highlights			
Noon: Women's curling			Canada vs. Switzerland, and China vs. Sweden (CTV, Sportsnet).
2 p.m. Women's hockey			Bronze medal game Finland vs. Sweden (TSN).
2 p.m. Cross-country skiing			Women's 4x5km relay classic/free gold medal (OLN).
4 p.m. Nordic combined			Individual large hill/10km cross country (Sportsnet).
5 p.m. Men's curling			Semifinals: Norway vs. Switzerland, and Canada vs. Sweden (TSN, Sportsnet).
6 p.m. Women's hockey			Gold medal game Canada vs. U.S. (CTV).
8 p.m. Figure skating			Women's free gold medal (TSN).
9 p.m. Freestyle skiing			Men's aerials gold medal (Sportsnet, OLN).

VANCOUVER GAMES			
Medal Count			
NATION	1	2	3
U.S.	7	9	12
Germany	7	10	7
Norway	6	6	6
Canada	7	6	2
Russia	3	4	6
South Korea	5	4	1
Austria	4	3	3
France	2	3	5
Switzerland	6	0	2
Sweden	4	2	2
China	4	1	1
Netherlands	3	1	2
Czech Republic	2	0	3
Poland	0	3	1
Italy	0	1	3
Slovakia	1	1	1
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THANK YOU to all the sponsors, community partners and supporters, and our media friends who made this week possible with their generosity, hard work and enthusiasm. Ottawa is a kinder place because of the kindness you have shown your community.

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Dutch speedskater to apologize

Dutch speedskater Sven Kramer will apologize and give a small gift to an Olympic volunteer he pushed aside after he was disqualified from the 10,000-metre race he had been favoured to win. **THE ASSOCIATED PRESS**

**Vancouver Games****Bilodeau to donate \$25K for cerebral palsy research**

GIVING BACK Olympic freestyle skiing champion Alexandre Bilodeau calls older brother Frederic his source of inspiration.

Now, Bilodeau is doing his part to return the favour. The gold medallist in moguls announced yesterday he's donating \$25,000 to the Canadian Association of Paediatric Health Centres in support of research into cerebral palsy.

For Bilodeau, the donation is a very personal one. Frederic was born with cerebral palsy and doctors said he would be in a wheelchair for life. But Frederic has proved them wrong, still walking and skiing at age 28.

Bilodeau's moguls teammate Jennifer Heil, who won silver in the women's event at the Vancouver Games, is also doing her part to give back, donating \$25,000 to Because I Am A Girl. The foundation helps girls in underprivileged countries. **THE CANADIAN PRESS**



Alexandre Bilodeau

Battle-hardened women ready

After much preparation, Canada looks to topple U.S. and capture gold

Ryan Hilderman and most of his Calgary Royals midget club will be watching Canada and the U.S. play for Olympic women's hockey gold today.

"I'll be glued to the TV," the Royals head coach said yesterday from Calgary.

That boys between the ages of 15 and 18 would be interested in women's hockey is at the centre of this game because they've played a major role in preparing the Canadian women to battle the Americans for gold.

Being prepared is one thing, execution is another.

But the Canadian women are a battle-hardened team.

In their 55-game schedule since August, 30 of them were against Alberta Midget Hockey League teams, who provided a level of competition comparable to the American women.

"All the games we've played has brought us to a position where we're down a goal, up a goal, we know how to play," captain Hayley Wickenheiser said.

The women went 20-10 in that league, where games against Canada counted for points in their standings.



Canada's Hayley Wickenheiser, centre, handles the puck against Finland's Michelle Karvinen, right, and Jenni Hiirikoski during the women's semifinal game on Monday.

"You look back at everything we've done and we know we're ready for this game."

Becky Kellar, Team Canada defenceman

The U.S. women played some informal games against Minnesota high school boys teams, but were unable to get in as many games against males as Canada did.

In terms of preparation, the Canadian women have nothing eating at their confidence heading into today's final at Canada Hockey Place.

"You look back at everything we've done and we know we're ready for this game," defenceman Becky Kellar said.

"There's nothing I think we haven't done that we needed to do. We're ready. We're ready for this moment."

The Americans feel they are, too.

They have the confidence that comes from beating Canada in the last two games that really mattered in their sport, the finals of the 2008 and 2009 world championships.

THE CANADIAN PRESS

Martin

• Britain's David Murdoch lost a playoff tiebreaker to Sweden's Niklas Edin 7-6 yesterday. With the win, Edin moves on to face Canadian Kevin Martin in the tournament semifinal.

Just two

measly

wins away

from an

Olympic

gold medal

and a permanent

place in

Canadian

Winter

Games

lore, members

of Bernard's

rink said

they're trying

to take

things in stride. Coach

Dennis Balderston feels

confident in his team's

game heading into the

playoffs, despite the fact

Bernard has been battling

a cold. "They're shooting

very well, they're in a very

good comfort zone and

they're not afraid to lose," he said.

THE CANADIAN PRESS

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Family time in the family room

JENNIFER BILL
for Metro Canada

Having kids doesn't mean having to abandon design.

Style can still play a pre-eminent role in rooms that nurture overall wellbeing, familial love and creativity. Create a space that doubles as an enhanced place of learning — decorate with retro-style games such as a chess board to engage kids in active play, integrate a chalkboard so little ones can write, or place stylish items that double as educational tools, such as an antique globe or recycled knickknacks.

Incorporate ample storage so the room doesn't become a circus and tripping zone.

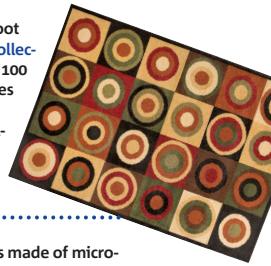
"Selecting storage units in a finish that coordinates with other pieces in the room helps to create a cohesive aesthetic and is functional," Celia Tejada, senior vice president, product design and development for Pottery Barn said. "Populating the storage units with baskets in various sizes paired with colourful liners provides a clean look plus the pop of colour kids love."

Store toys and books low so kids won't feel the urge to climb and they can put everything away too. A storage ottoman is a versatile piece for kids to climb on, guests to sit, for Dad to put his feet, and a place to keep toys and books.



Streamlined forms and a vast array of components allow parents and kids to organize it all with the Cameron Creativity Storage System with Art Cubbies. Pottery Barn Kids, \$1,659, potterybarnkids.com.

This contemporary 5x8-foot jacquard-woven Home Collections Orbit Rug, made of 100 per cent olefin pile, evokes memories of hopscotch and Jacks and makes curling up on the floor fun. Canadian Tire, \$129.99, canadiantire.ca.



This HC Fabric Bench is made of micro-suede fabric with espresso finish legs and removable top cushion to store toys and games. Canadian Tire, \$109.99, canadiantire.ca.

This 66-inch Medusa five-head Floor Lamp has five multicoloured plastic shades with gooseneck bendable arms in a silver-tone painted finish. Canadian Tire, \$49.99, canadiantire.ca.



Educate the kids about what went into crafting this Tin Man Coaster Set, made from recycled tin cans by local artisans in Northern India. Urban Barn, \$16 set of five, urbanbarn.com.

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For more articles on renovation, check out Metronews.ca.

Start spring with a reno

Every spring, green is what we start noticing on the landscape outside our homes.

But it's also what we can see inside the house, reducing its energy consumption and increasing its energy efficiency. After a long winter of high energy bills, this spring there is an opportunity to increase the energy efficiency right in your own home.

A simple project, like reinsulating your attic, can help you save on your monthly heating and cooling bills and reduce the amount of greenhouse gas emissions every year, year after year.

"Attics are the primary source of energy inefficiency in a home. Since over seven million attics in Canada are underinsulated, there is an opportunity to reduce energy consumption across the country," says David Flood, insulation expert at Owens Corning.

"Reinsulating your attic is a great way to reduce energy consumption and



NEWS CANADA PHOTO

Spring is the time of renewal and perhaps, renovation.

help Canadians become more conscious of the small changes that impact the bigger environmental picture."

Here is how you can start your energy efficient reno today:

- Measure the amount of existing insulation in your attic. Make sure it

meets the recommended standard of R-50.

- Top up existing insulation by installing up to 15 inches of PINK Fibreglas batt insulation or up to 18 1/2 inches of ProPINK Blown insulation to R-50. PINK insulation products are made with over 70 per cent recycled content and

are Greenguard Indoor Air Quality Certified so you can continue to enjoy good air quality after your home upgrade.

- Take advantage of government saving incentives to help cover your home renovation costs, including materials and contractor services, for your attic insulation upgrade.

Reinsulating your attic will not only help reduce energy consumption, but the government savings will also make your home renovation more affordable.

The ecoEnergy Retrofit Homes program is offering a grant of up to \$5000 from the Government of Canada for energy efficiency renovations that have not yet started. Some energy utilities and provincial governments offer additional funding. For more information on ecoEnergy grants and incentives, visit ecoaction.gc.ca/homes. Create a greener home and start your re insulation project today.

NEWS CANADA

"Reinsulating your attic is a great way to reduce energy consumption and help Canadians become more conscious of the small changes that impact the bigger environmental picture."

David Flood

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As part of Burberry's marketing plan, the London Fashion Week show was streamed live in 3-D to special venues in big cities, such as Los Angeles. Also, Internet customers could view the show online and make instant purchases. **THE ASSOCIATED PRESS**

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Armani for a good cause

Giorgio Armani's (left) designs helped raise more than \$1.5 million for Haiti last week, according to femalefirst.co.uk. The Italian designer provided a number of outfits for the Fashion For Relief show at London's Somerset House. Stars including Kate Moss, Naomi Campbell and Geri Halliwell strutted their stuff on the runway wearing outfits by Armani, the late Alexander McQueen, Vivienne Westwood and Dolce and Gabbana to help the earthquake-stricken nation.

METRO NEWS SERVICE



Unique

The crazy cool show for Topshop's experimental line was part Where the Wild Things Are with models wearing fuzzy eyebrows, deer antlers and furry animal ears, and part uniform dressing with army green looks and shearling aviator-style jackets. The best part about the collection was the outerwear: a shearling, hooded, navy coat, for example, felt timelessly eccentric.

Mark Fast

So much for all the hoopla about plus-size models. As of now, Mark Fast seems to be the only designer who is using them in any meaningful way, rather than just relegating curvy girls to trend-of-the-month status.

The Canadian once again cast fleshier bodies alongside thin ones in his show. The body types were diverse in an organic way. And the clothes?

His trademark body-hugging cobwebby knits were there. But this time he also incorporated draping in-

spired by the Art Deco period and shapes that moved away from the body. While Fast deserves many cool points for making samples in a variety of sizes, he should have spent some time thinking about the undergarment problem. The visible panty lines on some models were distracting. And no woman, of any size, wants those.

Mary Katrantzou

The designer has earned a cult-following for her trademark use of bold digital prints on figure-flattering dresses. But like many designers who create a strong, singular look, she was in danger of becoming a one-trick pony. She evolved her dresses to include more asymmetrical silhouettes, transparency, tiered ruffles and shiny embellishments.

Matthew Williamson

Change is good. Fashion's favorite nomad is evolving out of the luxe boho globetrotter look that he's become so famous for (because one can only churn out but so many interpretations of a flowy, ethnic inspired dress). This collection was all civilized

tweeds, ruffles and prim trouser suits. He didn't abandon his formula completely, though. The bright, jewel-toned color palette and fun, festive party dresses at the end of the show were all quintessential Williamson.

KENYA HUNT/METRO WORLD NEWS



Left: Canadian designer Mark Fast once again cast fleshier bodies alongside thin ones in his recent London Fashion Week show.

MARY KATRANTZOU

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In brief

FASHION WEEK English style ambassador Paul Smith put the classy into upper-class this week, unveiling an autumn-winter collection that evoked country houses, outdoor pursuits and just a touch of urban decadence. Tweed caps, riding capes and chunky woolens were all on display at Smith's show, one of the big draws of London Fashion Week, alongside svelte dresses and statement coats. "It's very much about the English aristocracy, and the naughty daughter who likes to sneak off to London and go to rock concerts," Smith told The Associated Press backstage at the show, held amid the old-school elegance of central London's Claridge's Hotel.

THE ASSOCIATED PRESS

Already considered one of the most powerful people in fashion, Vogue's Anna Wintour is headed to the Magazine Editors' Hall of Fame.

The American Society of Magazine Editors announced Monday that Wintour would be honoured at its annual gala in April.

"Throughout her career, Anna Wintour has exemplified the highest standards of taste, in both journalism and fashion," said Sid Holt, ASME's chief executive, in a statement. "She has defined style for a generation of magazine

readers and come to epitomize the essential qualities of editorial leadership."

Vogue is the standard-bearer of the high-fashion glossy magazines; its 2009 average circulation was 1,269,640. Wintour was named editor-in-chief in 1988. She had earlier been Vogue's creative director as well as the top editor at British Vogue and House & Garden.

Previous ASME honorees include Martha Stewart, Tina Brown, Helen Gurley Brown and Hugh Hefner.

THE ASSOCIATED PRESS



Vogue's Anna Wintour.

Wintour joins editor hall of fame

THE TRENCH

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SLIM

Polyester, Snap (\$130, manteaux.com)

TALL



Glossy cotton, MICHAEL Michael Kors (\$295, 1-866-733-5677)

Editors' Pick

BRIGHT STAR

The best way to battle the winter blues? Add a dash of vibrant colour to your wardrobe. Yellow is the hue *du jour* — and with this leather jacket from Danier you'll stand out in a crowd with a shade so chic, it's *jaune* (\$299, danier.com)

BORN FREE

New research suggests that running barefoot might be safer than wearing trainers. The reason? Many souped-up, over-cushioned shoes control where our feet land, so they make the foot's stabilizing muscles weaker, which can lead to injuries. Vibram's FiveFingers Bikila shoes (named after an Olympic marathon champ who ran sans sneakers) fit like a glove and simulate barefoot running. But if you prefer the protection of a conventional shoe, Brooks' new DNA model offers smart technology that adjusts the cushioning to your body weight and running style.

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The search continues for Growing Pains actor Andrew Koenig. Now his famous father, Walter Koenig, is opening up about the painful search for his missing son. "It's very, very tough," the elder Koenig, who starred on Star Trek, tells the Today Show. "He was very depressed about his life." **PEOPLE.COM**

Koenig senior shows grief

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Oprah BFF will miss show

FRIENDS Oprah Winfrey fans who think of the daytime television queen as a friend aren't the only ones preparing for withdrawal when her show goes off the air next year. Winfrey's real best friend says it will be a loss for her, too.

"I said to Oprah, 'I'm having a hard time. I'm not ready,'" said Winfrey's BFF, Gayle King. "But, you know, I am ready for her. She makes the best decision for herself. I totally understand why she's doing it. That said, I can't imagine daytime TV without her."

As Winfrey makes plans to end her reign after 25 seasons, King is devoting more time to a different medium. She hosts on Oprah Radio on Sirius XM



Winfrey a daily show that was recently extended from one hour to two hours. King likes to keep an open dialogue with

her listeners on a variety of subjects ranging from international news to pop culture. Instead of heated debates, she takes a kinder, gentler approach while not shying away from disagreements. "I don't believe you have to annoy people to get them to listen or for them to like you," she said. "I'm not sitting here trying to be liked ... but I do like to engage in conversation with other people."

THE ASSOCIATED PRESS



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Barber a True Believer

Matthew Barber

Album: True Believer
Label: Outside
Rating: 1/2

THERE'S NO REASON

Matthew Barber shouldn't be getting the same kind of attention as Jason Collett or Joel Plaskett. The Toronto folk singer can write passionate Canadians with the best of them and there's more proof of that on his new disc, *True Believer*. It's loaded with soft, acoustic numbers, but it's the more upbeat full band numbers where the artist really leaves his mark. *Comeback Baby* is an especially good listen, with its subtle banjo, loud cymbal crashes and rooty vocals.

Bryan Borzykowski/for Metro Canada



Toronto folk singer Matthew Barber's new album *True Believer* is right up there with other Canadian stalwarts such as Jason Collett and Joel Plaskett, Metro reviewer Bryan Borzykowski says.

AlbumReviews

music@metronews.ca

Johnny Cash

Album: *Album: American VI: Ain't No Grave*
Label: American Recordings/Lost Highway
Rating: 1/2



IT MAY BE TABOO to slight the work of a national icon posthumously yet country legend Johnny Cash's American series of albums provided diminishing returns. Strange covers with few interesting twists prevailed and in retrospect, only the first two truly bolstered his extensive catalogue. Still, even those albums lack the passion, haunting aura and serenity of *Ain't No Grave*. Recorded after Cash had envisioned/reconsidered his mortality, these 10 pseudo-religious, almost Gothic tracks glow with minimalist brilliance. Featuring his crumbling baritone supported by little more than guitar and piano, it's beautifully crushing — a bittersweet cap to an enviable, incredible career.

McIntyre is targeting with this EP. The New Kid On the Block sound a lot like Britney Spears and Lady Gaga here — not his voice, but the tunes could have found their way on any pop record. It's hard to see how his 30-something fans would enjoy these electro club tunes, even though the songs are better than anything on the last *NKOTB* disc.

Bryan Borzykowski/for Metro Canada

Lightspeed Champion

Album: *Life is Sweet! Nice To Meet You*
Label: Domino/Outside
Rating: 1/2



DEVONTE HYNES has come a long way since his days busting out aggressive noise pop. As Lightspeed Champion the U.K.-based artist deals with lush, layered sounds and heartfelt lyrics. His latest pushes him in further in that direction, to mixed re-

sults. Opener *Dead Head Blues* is a bland, dramatic Coldplay-like tune, but the quirky Queen-like piano track *The Big Guns of Highsmith* is one of the most interesting things he's done. Might be best to download the better tracks than buy the entire disc.

Bryan Borzykowski/for Metro Canada

Jenny Whiteley

Album: *Forgive or Forget*
Label: Black Hen
Rating: 1/2



JENNY WHITELEY has one of the sweetest voices in Canadian alt-country and she's got two Juno awards to prove it. Steve Dawson is one of the best practitioners of guitar in the land. The Vancouver-based session man is also one of the respected roots/Americana producer's in the continent (which explains why U.S. performers like Kelly Joe Phelps keep coming north to record). When the two of them combine in the studio, they always seem to take each other's craft to new places. Whiteley takes a retro twang turn on songs like *Cold Cold Kisses* and *Raining In My Heart*.

Metro Twitter



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But she still maintains her own distinctive voice on haunting tracks like *Truth* and the *Eyes of the Dead*.

Graham Rockingham/
for Metro Canada

Shout Out Louds

Album: *Work*
Label: Merge
Rating: 1/2



STOCKHOLM'S SHOUT OUT LOUDS have always prided themselves on melancholy as much as they have melody. Album number three finds the five-piece returning with a batch of songs that are similar but even more earnest than 2007's *Our Ill Wills*. While they have finally determined their sound, the hooks are slightly less beguiling than the first two albums.

Cam Lindsay/for Metro Canada

IT'S HARD TO tell who Joey

No Paradox over lunch

Indulge in The French Paradox over lunch and a couple of glasses of wine this Saturday at DiVino Wine Studio from 10:30 a.m. to 1:30 p.m. \$79/person. divinowinestudio.com/. METRO NEWS SERVICES

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A taste of the islands

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Rating: ★★★★
Dinner for two with wine: \$52
Signature Drink: Savana Martini (\$8)

Bold gem colours and loud beats warm the mood at Savana Café, but the amazing Caribbean food makes it a hot spot.

We enjoyed the Table d'hôte (\$35) including a

On the web

Get recipes and more great food content at metronews.ca/recipes

starter, a main and a dessert. To start, my friends chose the Sweet Potato Soup with Cinnamon Crème Fraîche that included a hint of spice from a bird's eye chili, and where sweet and spicy mingled cleverly.

I enjoyed the well-rounded salad that included all the tastes of sweet, sour, salty, bitter and umami on one plate. For the main,

one friend ordered the Hanger Steak (\$21), which was tender and cooked impeccably.

The Vegetable Green Curry came with a delicious coconut-infused sauce, but the vegetables needed more time on the chopping board to be bite-sized.

I enjoyed the Black Cod (\$21) but it was buried under a mountain of Savana Slaw.

The fufu, a thick porridge of plantains and chorizo, cradled the fish and offered a delicious layer of flavour and texture.



Hanger Steak (\$21)

To indulge ourselves, we all ordered the banana, coconut and chocolate bread pudding. I was happy with

the balance of bananas to chocolate, but the chocolate lovers were disappointed.

Like the islands, the pace was a little slow at times, but no worries because it's worth the wait.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Lamb Burgers with Mint + Feta Yogurt Sauce



Dining out

JADELAND Known as one of the finest Chinese restaurants in Chinatown, Jadeland specializes in Cantonese and Szechuan food. Cantonese cooking is milder, while Szechuan cooking is spicy and uses a variety of chili peppers. 625 Somerset St. W., (613) 233-0204.

LA CABANA La Cabana is a relaxed place where they serve Salvadoran food, including pupusa, tacos, agua de tamarindo and other tropical specialties. As well, you can pick up some exotic groceries in its adjoining store. 848 Merivale Rd., (613) 724-7762

METRO OTTAWA

In brief

EXPLORE Tuscany with dinner and a cooking demo given by Vilma D'Ortona next Tuesday at DiVino Wine Studio from 6:30 p.m. to 9:30 p.m. \$85 to \$125/person depending on what wine package you order. divinowinestudio.com

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225/10	265	353	2	TVO	Mighty Movers	The Agenda With Steve Paikin	Party Animals	Masterworks	Agenda-Paikin			
	211	331	3	GTV	Entertainment	ET Canada	Survivor: Heroes vs. Villains	The Office	90210 (HDTV)	News Hour		
	-	-	36	SRC	Virginie (SC)	InfoNews (SC)	Enquête (HDTV) (SC)	3600 secondes d'extase (SC)	Le TéléJournal Nouvelles. (SC)	Vancouver		
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	196	311	7	CTV	(6) XXI Winter Olympics	Hockey, Skating, Figure Skating, Medal Ceremonies. (Live)						
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things	Carbon Hunters	CBC News: The National	The Hour		
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	XXI Winter Olympics	Figure Skating, Freestyle Skating, (HDTV) (Live)				
	117	713	10	TVA	La Série Montréal-Québec (N)	Dieu merci! (HDTV) (N) (SC)	Juste pour rire (SC)	TVA nouvelles	(10:45) Denis Lévesque			
	-	-	11	QS	(6) Jeux Olympiques d'hiver: Vancouver 2010	Le Hockey féminin, patinage artistique féminin. (En direct)						
	137	763	12	TFO	Panorama	Météo	Volt	L'Intrus ** (2004, Drame) Michel Subor, Grégoire Colin.		Artisans de		
	-	362	13	CBS	The Insider (N)	Judge Brown	Survivor: Heroes vs. Villains	The Mentalist (HDTV)	CSI: Crime Scene Invstgtn.	Two/Half Men		
	216	393	14	OMN2	(6:30) XXI Winter Olympics	Hockey, Figure Skating, Hockey: women's Gold Medal game; figure skating. (Live)						
	214	344	15	CITY	Law & Order: Special Victims	How I Met	Parks/Recreat	30 Rock	30 Rock	Dark Blue	News	
	115	343	16	CFMT	Two/Half Men	The Office	XXI Winter Olympics	Figure Skating, Nordic Combined. From Vancouver. B.C. Figure skating: ladies free skate.				
	218	345	18	CHCH	The Replacements ** (2000, Comedy) Keanu Reeves.	Eight Legged Freaks ** (2002, Suspense) David Arquette.				News at 11 (N)		
	-	361	20	ABC	Action News	Entertainment	The Deep End (N)	Grey's Anatomy (HDTV)	(10:01) Private Practice	News		
	512	396	24	CPAC	(6) Jeux Olympiques d'hiver: Vancouver 2010	Le Hockey féminin, patinage artistique féminin. (En direct)						
	651	355	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street	Life Today	This Is Day	John Hagee		
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol	Kitchen Nightmares (N)	FOX 2 News (N)	News		
	-	64	60	PBS	Business Rpt.	Pinknails TV	Manor Born	Time Goes By	Murdoch Mysteries	Poirot "The Lost Mine"	Charlie Rose	
	209	312	104	CTV	(6) XXI Winter Olympics	Hockey, Skating, Figure Skating, Medal Ceremonies. (Live)						
	502	390	26	NW	Connect with Mark Kelley (N)			CBC News: The National	The Nature of Things	National		
	500	500	33	CNN	Situation Room-Wolf Blitzer	Campbell Brown (N)	Larry King Live (N)			Anderson Cooper 360 (HDTV)		
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	410	403	52	SCR	Score Today	FullTiltPoker.net Million	World Poker Tour		Hardcore Champ. Fight	NBA Basketball		
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	554	544	48	TEL	Stoked	Total Drama	Majority Rules	Futurama	King of the Hill	Edward Scissorhands *** (1990, Fantasy)		
	557	540	51	FAM	Sonny Chance	Suite Life	OVERRULED!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	That's-Raven
	551	542	65	YTV	Fries That?	Frank Patrol	The Next Star	Fries That?	Prank Patrol	Family Biz	To Be Indie	Prank Patrol
	570	580	29	MM	The Daily Fix		Ranked!			mmtop10.ca	Me, Myself and I: Elton John	Gene Simmons
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters: Fugitive Task
	628	584	32	SPKE	UFC Fight Night (HDTV)			TNA Wrestling (HDTV) (N)				Police Chases
	521	560	34	TLC	Police Women of Broward	Police Women of Broward	Police Women of Maricopa	LA Ink "Training Day"				Police Women
	145	761	35	TV5	Reunion, entre clé	Envoyé spécial		Geopolitics	Humanima	Hors série		
	616	521	39	SHO	Relic Hunter	Cleaverville (2007, Suspense) Ever Carradine.						
	620	524	40	BVO	Storytellers	PhotoXplorers	Innovators	Writers	The Rival (2006, Suspense) Tracy Nelson, Heather Tom.			
	520	505	42	DIS	Daily Planet (N)	Holmes Inspection	Star Trek: Voyager	Caprica "Gravedancing"	Lost "Lighthouse" (N)			
	575	583	43	CMT	Amer. Funniest Home Videos	Reba	According-Jim	BootsCamp	InnerSpace			
	601	562	45	SLC	Rich Bride Poor Bride	X-Weighted	16 and Pregnant	Last 10	Re-Vamped			
	625	544	46	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	Martin	Sarah	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	Law & Order: Special Victims	Seinfeld	Name Is Earl			
	600	564	49	H&G	House Hunters	Property Virgin	Holmes Inspection	House-Bryan	Real Renos (N)	House Hunters	Holmes	
	627	526	50	SPC	Stargate Atlantis (DVS)	Star Trek: Voyager	Caprica "Gravedancing"	Caprica "Gravedancing"	Lost "Lighthouse" (N)			
	581	566	51	MTV	Canada's Next Top Model	Canada's Next Top Model	16 and Pregnant	Taking, Stage	Made	MTV Live		
	618	524	54	TROP	Reality	Whatever	Family Guy	Seinfeld	70's Show	King	Comeback	
	522	506	55	HIS	Pawn Stars	Pawn Stars	Ancient Discoveries (HDTV)	Seinfeld	Nostradamus Effect (HDTV)	Air-Crane!		
	129	773	60	CD	Biographies "Mickey Rourke"	Jetman l'homme oiseau	Gangland (HDTV) (SC)	Gangland (HDTV) (SC)	Scènes de crime	S O S (HDTV)		
	261	394	61	W	Murder, She Wrote	On the Buses Watchtower	The Affair of the Necklace ** (2001, Historical Drama) Hilary Swank.					
	602	567	62	W	Supernanny	Love It or List It	Confidential	Confidential	Divine Design	House-Sell	Love It-List It	
	269	350	70	APTN	(6:30) XXI Winter Olympics	Hockey. (Live)	Jeux olympiques d'hiver: Vancouver 2010	Curling masculin. (Live)				
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	The Dr. Oz Show (N)		TMZ	
	603	561	95	FN	Ricardo	Chuck-Day Off	Restaurant Makeover	Extreme Cuisine, Jeff Corwin	Ace of Cakes	Ace of Cakes	Restaurant	

critics' corner**XXI Winter Olympics**

Hardware is handed out tonight in women's figure skating, in which teenagers Rachael Flatt and Mirai Nagasu represent the United States' best hope for a medal after Sasha Cohen crashed and burned last month at the U.S. Nationals. Of course, with reigning world champion Kim Yu-Na of South Korea in the field, gold may be hard to come by. In freestyle skiing, Americans Ryan St. Onge and Jeret "Speedy" Peterson look formidable in men's aerials. 8 PM on 9 NBC



Carbon Hunters

There's gold in them there smokestacks. This documentary from Vancouver filmmaker Miro Cerneig explores the booming carbon credit trade, in which companies that emit less than their allowed quota of greenhouse gases sell their unused allowances to those who need them. As with any other commodity, the people who broker these trades can make big money. 9 PM on 8 CBC



Joan Rivers told Closer magazine that Victoria Beckham is not welcome in Los Angeles. The 76-year-old comedienne blasted "vulgar" Victoria for her spending habits, insisting she should be less extravagant in the current difficult economic climate. METRO NEWS SERVICES

Celebrity Buzz

No pulse, no breathing

NO SKIN PIGMENTATION A recording of the moment paramedics first announced Michael Jackson's death has been found online, reports femalefirst.co.uk. The voice on the tape — which is believed to feature a Los Angeles Fire Department medic calling ahead to the UCLA Hospital in Santa Monica — could even be used as new evidence in the trial against the star's personal physician Dr. Conrad Murray who has been charged with involuntary manslaughter.

The voice is

heard saying, "Patient is Michael Jackson, the pop star singer. No pulse, no breathing. Unresponsive. Tried to resuscitate him. Unsuccessful. We've done everything we can. We should be there in five minutes. It doesn't look good. It doesn't look good."

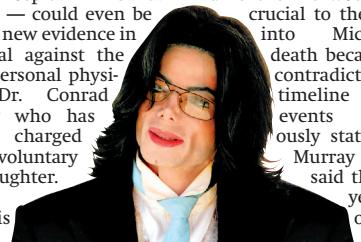
If the recording is genuine then it would be crucial to the trial into Michael's death because it contradicts the timeline of events previously stated by Murray who said the 50-year-old

music legend still had a pulse and was warm when he put him in the ambulance.

If the tape is used, prosecutors would argue Murray, 56, actually left Michael for more than an hour after giving him the powerful sedative Propofol, making his actions careless.

The tape, which emerged on the ambulance workers' web forum, is thought to be the first time the announcement was made that Jackson was dead on June 25 last year, although authorities do not yet know whether it is genuine.

METRO NEWS SERVICES



Bidding 'Ciao' to Lake Como

AND 'BENVENUTO' TO THE BECKHAM BROOD George Clooney is reportedly looking to give up his 30-room villa in Laglio, Italy, and he already has a buyer lined up: David Beckham. The British football star is said to have fallen for the estate after visiting last year.

"I have fallen in love with the beautiful country-

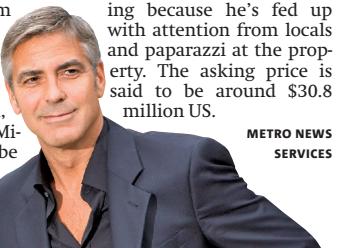
side," Beckham reportedly told friends, according to the Daily Mail.

"It's peaceful, quiet and near Milan. It would be great for the family."

Clooney is said to be sell-

ing because he's fed up with attention from locals and paparazzi at the property. The asking price is said to be around \$30.8 million US.

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Going back to the block

WITH A BUSKING HAT IN HAND

It looks like Jennifer Lopez's split from her record label wasn't so amicable after all, with sources claiming that Epic Records actually dropped her over the poor performance of her latest singles and the fear that her new album would be a flop, according to Gatecrasher.

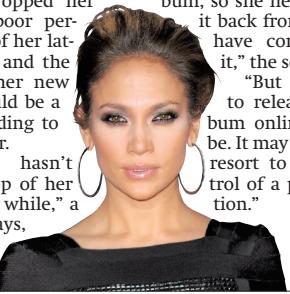
"Jennifer hasn't been on top of her game for a while," a source says, while another

source adds that it will take some money on Lopez's part for the album to see the light of day now.

"Epic technically owns the material from her album, so she needs to buy it back from them to have control over it," the source says.

"But she'll try to release the album online if need be. It may be her last resort to take control of a poor situation."

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

Today, **LINDSAY LOHAN** is considering a move across the Atlantic, **JUSTIN BIEBER** is keeping up his education while doing publicity in Europe, **CARRIE FISHER** gets deep, and **JESSICA SIMPSON** is considering a new pet.

@lindsaylohan Moving to the UK is in my near future* better dj's/music and Paris is just a Chunnel away!

@justinbieber School field trip this morning! Went to the Arc de Triomphe...learned it took 30 yrs to construct and Napoleon started it. Fyi.

@CarrieFisher Do living rooms eventually sicken & die?

@JessicaSimpson I'm thinking about getting a pet pig. Does this mean I'll have to give up pork?



Smelling the fleurs

OK, SO MONEY CAN'T BUY YOU LOVE BUT IT CAN BUY YOU LIFESTYLE

Johnny Depp enjoys his privacy, admitting that he doesn't leave his estate in the south of France for months at a time, according to Hollyscoop.

"We have a great place," he says of the home he shares with girlfriend Vanessa Paradis and their two children.

"I've not left the property for three

months at a time. I literally just wake up, go out, check the garden and see the vegetables growing.

"It's a pristine existence in terms of simplicity. There's no talk of movies or work and, infinitely more important, the telephone never rings. It really is a beautiful, simple life."

METRO NEWS SERVICES



Boyle bashing

BITTER, MUCH? Adam Lambert is no Susan Boyle fan, slamming the Scottish singer's album, which beat out his for the top spot when it was released last year.

"I'm happy for her success, but that album is terrible," Lambert tells England's Gay Times magazine. "Wild Horses is the one that made me laugh the hardest. I just died when I heard it, I was crying with laughter. It was the most horrendous, sacrilegious treatment of that song."



Love is a two-way street

AND I THINK THIS ONE MIGHT BE A DEADEND, CHICKIE

Lindsay Lohan has her heart set on getting back together with Samantha Ronson, she tells the Sun.

"We love each other. We might reconcile the relationship," she says.

"It's changed, so

who's to say we won't be together again?"

And if Lohan can't have Ronson, she says she'll probably be off women for good.

"If I wasn't with Samantha, I would probably be with a boy next. She's the only woman I've been attracted to."

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Woody T. Mommason

GENUINE SENTIMENTS OR GROOMED BY HIS HANDLERS?

YOU DECIDE Woody Harrelson's mother only approves of his career now he's been nominated for an Oscar, according to femalefirst.co.uk.

The 48-year-old star — who is up for a Best Supporting Actor Academy Award for his role as Captain Tony Stone in The Messenger — has only just been accepted as an actor by his mum Diane, be-

cause he has been short-listed for an honour alongside Hollywood veteran Christopher Plummer.

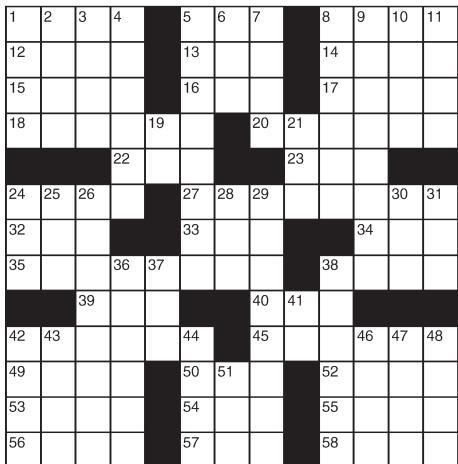
He revealed, "I got a note from my mom, and she said, 'You finally arrived. You've been nominated in the same category with Christopher Plummer.' So, I got my mom's approval, which is enough, you know what I mean?"

mean? I don't need a statue."

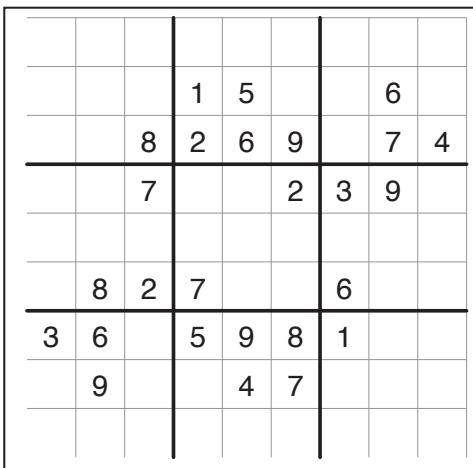
Harrelson and Plummer are up against Invictus hunk Matt Damon, The Lovely Bones star Stanley Tucci and Inglourious Basterds actor Christoph Waltz for the prize.

METRO NEWS SERVICES



For more delicious Metro recipes, visit: metronews.ca/food**Take Five****Sudoku**For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**Horoscopes by Sally Brompton** sallybrompton.com**ARIES****MARCH 21-APRIL 20****TAURUS****APRIL 21-MAY 21**

Take time out from your busy schedule to offer a word of praise or advice to someone who is struggling.

LIBRA**SEPT 23-OCT 23**

For some strange reason you appear to be taking too much notice of what other people say at the moment.

SCORPIO**OCT 24-NOV 22**

Although you can see that the changes now taking place in your life will be for the best, you still wish that certain things could remain the same.

GEMINI**MAY 22-JUNE 21**

If you are having negative thoughts about someone then you must bring them under control.

SAGITTARIUS**NOV 23-DEC 21**

Be fair in all your dealings over the next few days. If you take even the smallest of liberties you will find that someone is ready to question your integrity.

CANCER**JUNE 22-JULY 22**

You can be remarkably persuasive when you want to be and you can easily convince those in positions of authority to back your latest good idea with cash.

CAPRICORN**DEC 22-JAN 20**

You may not be able to explain why you feel wary of someone but you know better than to ignore what your inner voice tells you.

LEO**JULY 23-AUG 23**

The best way to get rid of a bad habit is to replace it with a good one, so find something you really like doing and focus on that.

AQUARIUS**JAN 21-FEB 18**

Life is what you make of it, and if you make an effort to be cheerful today you will find plenty of things to enjoy.

VIRGO**AUG 24-SEPT 22**

Your analytical nature, plus your way with words, can lead to some pretty sharp observations and you won't hesitate to call it as you see it today.

PISCES**FEB 19-MARCH 20**

The Sun in your sign makes you unusually decisive: if you want something badly enough you will find a way to get it.

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Miss World Canada
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Metro Recipe of the Day

ADA CHUNG

**Pan-Roasted Sweet Potato & Vegetable Medley**

salt and pepper and place on a greased cooking sheet in oven for another 10 minutes at 350°F before adding to the vegetable mixture.

2. Sauté shallots and garlic in 1 tbsp olive oil.

3. Add another tbsp olive oil to the garlic and shallots, if necessary, and all remaining vegetables, including sweet potatoes.

4. Sauté everything for 5 minutes.

5. Add stock and reduce for 2 minutes and serve.

SERVES 4**PREP TIME: 20 MINUTES****COOK TIME: 20 MINUTES****20 minute SUPPER CLUB**

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